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Side Talks by Ruth Cameron

BLAMING THE HEADACHE.



Once upon a time a very nice letter friend wrote that she liked almost all of my articles, but that once in a while there was one which she thought wasn't so good as the rest, and then she said to herself, "Ruth must have a headache to-day."

I don't think I ever had a headache in the course of my life, but I have had other aches and I think that letter friend is a dear. I feel sure she must be a very pleasant to live with.

For could there be a better trait in a housemate than the willingness to attribute the times when one falls below one's best self, not to sheer perversity or stupidity on one's part, but to the unfortunate physical condition which is so often the actual cause. It is told of Robert Louis Stevenson that one day, when his wife was feeling to be irritable, he said to a friend who was with them, "Fannie's headache is cross to-day."

Wasn't that just like him? Doesn't it make you love him more than ever? Not Natural Depravity But Microbes. Nor is this habit of tracing irritability or inferior work to the state of the health, mere sentimental tolerance. It has its basis in good hard scientific facts. Perhaps you read in one of our current magazines an article by an eminent physician which explains how much of the unhappiness and inefficiency in the world is due, not to natural depravity at all, but to microbes. "Abnormal physical conditions," says the writer of this article, "which allow poisons to accumulate in our tissues, cause us to do abnormal things and take an abnormal point of view. . . . When I have caught cold or am up late at night, and my nervous system is in need of rest and replenishment, I am cross to those whom I love and irritating to those in my employ."

Nevertheless One is Responsible. Do not, however, misunderstand one thing—he is not preaching the doctrine of irresponsibility. One is not to say: "It is my microbes that are cross or stupid, therefore am not to blame, and that is the end of it. 'No, indeed! In the first place, one is to try to get rid of the bad microbes by observing the laws of health, by going to sleep when you need sleep, by eat-

ing food that digests well, and by taking regular exercise sufficient in amount to keep all the muscles of the body in good action, by controlling such emotions as worry, fear, envy, jealousy."

If one needs surgical treatment or care of the teeth or eyes (eyestrain is one of the most potent causes of irritability) one is to have that. "Many divorces," this writer says, "would be removed from the divorce courts tomorrow by surgical operations for such troubles as appendicitis, sagging colons, and so forth, or by the removal of pus-producing teeth."

And besides all this, one is to use one's will. Even when one feels cross one can smile and that smile itself reacts to create a better bodily condition. It may be one's headache that is cross, but surely one can make an effort to be master of one's own headaches.

Napoleon's Final Exit.

The second and final abdication of Napoleon, inevitable epilogue of the battle of Waterloo, was signed at the Elisee, before sunset, on the evening of June 22, 1815. It was only ten days before that he had left to take command of the army on the Belgian frontier, so rapid had been the progress of the drama. Not without a struggle did he bring himself to surrender. From the time of his return in the early morning of June 21, he had been engaged in a last fight with Fate; but the Chambers, led by Lafayette, declined all compromise and were firm in the resolve to have done with the Empire. The nation had paid too dearly for it and its glory. "Twice before," as was said, "Napoleon had returned to Paris suddenly—from Leipzig and from Moscow—and each time alone, without an army." The third time, it was felt, must be final. Abdication, or deposition—that was the sole choice allowed to the fallen conqueror, and the peremptory nature of the demand was emphasized by allowing only one hour for decision. "One hour and no more!" Lafayette had exclaimed, pointing to the clock; and even so, the President had to call for a division to ascertain whether a poor hour of grace should be accorded to Napoleon Bonaparte. In the event of refusal, he was to be placed beyond the law—like Robespierre! But he did not refuse. He vacated the throne ostensibly in favour of his son (in the hands of Austria) and the temporary power was assumed by a Commission of three deputies and two peers. For some days longer Napoleon lingered at the Elisee, waiting on events; but the play was finished.

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Just Folks by Pastor A. Guest

WE WHO ARE AMERICANS. We who are Americans have much to dare and do. The world looks up to us as men who will be staunch and true. We've crossed the seas in Freedom's name, for truth our sons have died. And for a better, happier world our peace we've put aside. By all our brave forefathers were, there is no moment when we must not live as they have lived and dare to die as men.

The charge lies heavy in us all to walk the world erect. To gain no single hour of ease and lose our self-respect. To keep our posts, whatever they be, serving the common cause, Holding to honor when a trick might win the throng's applause. Dauntless when danger strikes, and true to what we know is best—This was the splendor of our past, and this our present test.

We who are Americans must be too big for shame. We are the guardians of the faith from which our glory came. Ours is a splendor truly won, in us all people trust. We face the world as men who are great-hearted, firm and just. And he who fails to serve the truth in high or little place, Shames not alone himself but brings contempt upon his race.

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Legislative Council.

Monday, June 21.

The House met at 4.30 p.m. "The Prosecution of the Seal-fishery" Bill, in committee was the subject of some debate. Sir Patrick McGrath pointing out that an inspector as provided by sub-Section (b) Section 7, of the bill would be a political appointee, probably without medical or hygienic experience, and as there are many inspectors each may have a different idea of the requirements of the ship.

Hon. Dr. Campbell thought that the doctors on the ships should, with the inspector, jointly make and see that the regulations were carried out. Hon. W. B. Grieve suggested that the committee rise and the bill be sent to a select committee. There was no antagonism to the bill, but it seemed to be the general desire to make it effective. Hons. Dr. Campbell, Grieve, McGrath and Gibbs were appointed as a select committee.

The Maintenance of Certain Public Roads Bill generally met with the approval of the House in committee. Hon. J. J. Murphy suggested a clause in the bill which provides that all bridges of less than five feet span be made of concrete, iron pipe or wood stave and placed 1 1/2 or two feet below the surface of the road. He contended that these concrete culverts would be much cheaper than the wooden bridges now used. He was supported by Hon. Dr. Campbell, who said that one advantage they would have is that politicians would not dig them up at election times.

Sir P. T. McGrath interposed with "they would be about the only thing they would not dig up."

The committee rose to sit again when a report from the Motor Association is received. The Local Affairs in Outport Districts Bill was deferred. The Companies' Act and the Confirming of a Paper and Wood Pulp Contract Bill were read a first time. The House adjourned at 5.30 until Friday.

O. McPherson, Furniture Dealer, Undertaker, Armstrong, B.C., June 11th, 1919. Minard's Liniment Co., Ltd., Yarmouth, N.S.

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By Gene Byrnes



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